



Malnutrition: Alarming impact on human health care

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Abstract

Malnutrition is one of the human health issues which largely influence billions of people throughout this world. Malnutrition is a problem it is popular all over the world. Many factors are responsible for malnutrition as environmental, economic and medical conditions etc. Malnutrition includes both under nutrition and over nutrition. These both can lead to severe health issues and nutrient deficiencies in human body. Malnutrition is generally connected with maternal malnutrition and child malnutrition. Malnutrition greatly enhances the chances of infection. It spreads infectious diseases and weakens the immune f system of human body. The UN has credit for establishing Millennium development goals and sustainable development goals to removal of hunger, acquiring food security and improving the nutritional status of the masses. Also, various legislative measures as well as policies and programmes have been taken by Indian government in the health sector to evaluate various aspects of nutrition and have also helped to minimize the burning problem of malnutrition. A standout amongst the most alarming aspect of global public health is malnutrition. Therefore, Successful implementation of any nutrition plan requires adequate funding. Therefore, sufficient health and nutrition awareness among the people at large is needed at one hand and also the organizations of State governments' areas well to adopt better governance tactics.

Keywords: malnutrition, under nutrition, over nutrition, health, nutrition, maternal and child malnutrition

Introduction

Nutrition is one of the essential elements, which is a must, for a healthy life. Appropriate nutrition is an essential component in the early stages of life. Malnutrition helps in the growth and development of human body. Malnutrition hinders the social and cognitive development of a person. It greatly influences billions of people worldwide. The root cause of malnutrition greatly depends on the environment, lifestyle and resources of the masses and takes place basically due to the prevailing environmental, economic and medical conditions.

Malnutrition can lead towards the improvement of various diseases and chronic health conditions. Malnutrition imbibes both under nutrition and over nutrition, both of which can lead to health problems and nutrient deficiencies if not addressed properly and timely.

Malnutrition includes at one hand, under nutrition which Results of not getting enough protein, calories or micro nutrients and which leads to wasting, stunting) and underweight. Symptoms of malnutrition include Weight loss, fatigue, irritability and lack of micronutrients in the body generally as vitamin A, zinc, iron, and iodine, etc. On the other side, malnutrition also comprises of over nutrition which means overconsumption of nutrients such as protein, calories or fat Which can lead to overweight, obesity and low intake of some vitamins and minerals such as heart disease, diabetes, etc. which may result in death. Generally, malnutrition is associated with maternal malnutrition and child malnutrition. A glance of the assessments of the malady due to malnutrition as well as estimates regarding age, sex, degree of malnutrition as well give the policy-makers an indication of the forthcoming burden which could be avoided if malnutrition be eliminated and also could serve to be of great help to the policy-makers in identifying the segments of a population mostly at risks especially the

women and children, where they have the greatest impact. Malnutrition enhances infection in the body and becomes a major cause of spreading infectious disease. As well as weakens every part of the immune system of our human body. Due to malnutrition there is lack of specific micronutrients in human body like iron, zinc, and vitamins due to which chances of being influenced by infection is increased and it also affects our body's immune system. In many communities and areas in which individuals don't approach safe drinking water, then additional health risks create a very critical problem. The World Health Organization states that one of the most alarming threats to global human health is malnutrition. Estimates show that if we have a global view than near about 45 percent of children whose age is under 5 years die due to malnutrition. The organization also states that near about 462 million people throughout the world are suffering from malnourishment also due to poor diet, people have influenced development and as a result of poor nutrition 159 million children are affected globally. This displays the serenity of malnutrition and attracts attention of the government as well as masses towards its eradication.

Steps by government at international and national level to remove malnutrition

Numerous steps has been taken by the United Nations to curb malnutrition spread in the world The UN has established Millennium development goals with the object of monitoring numerous social, economic and environmental inequalities among masses responsible for malnutrition. Millennium Development Goal carried the goal of eliminating extreme poverty and hunger among the masses which was an important cause of malnutrition among the masses. India too laid out a target to remove hunger and poverty among the masses which lead to

malnutrition but was still far behind target of halving the ratio of people who suffered from hunger and malnutrition, between 1990 and 2015. Hence, need was for the government to take immediate actions and make certain that India takes a quick and effective steps to eradicate hunger which would curb malnutrition. A glance of the estimates from National Family Health Survey revealed that, when the goal was formulated in 1990, 53.5 percent of the children in India were malnourished which came to a decline of 40 percent by 2015, specifically in ratio of children under three years of age to less. It revealed that the target of halving the ratio of malnourished children to 26 percent, which was half of the proportion of 53.5 percent as recorded in 1990, was not achieved by the government United Nations also laid out Sustainable Development Goals (SDG) in 2016 with an object to end hunger, achieve food security and improved nutrition, and promote sustainable agriculture for the period ending 2030. This was also an appreciable effort by the UN towards elimination of malnutrition.

Various steps have been taken by the Indian government to fight malnutrition as well. A glance of the Indian Constitution displays that it is the duty of the State is to increase the level of nutrition and quality of life and improve public health under Article 47 of our Directive Principle which is an admirable step towards eradication malnutrition. Not only this but also various policy and programme measures were initiated in the human health sector in India so as to address various aspects of nutrition which also proved to be helpful against mitigating the problem of malnutrition as National Rural Health Mission, Janani Suraksha Karyakram etc. An expanded evaluation of the factors responsible for the occurrence of malnutrition in the country was being made and as a result India's Nutrition Policy of 1993 was framed which called for the adoption of a multi-sectoral approach as well as to implement a large spreaded range of measures so that the goal of optimum nutrition for the masses at large be achieved. Also, the Integrated Child Development Services (ICDS) Scheme was launched. This scheme benefitted over 100 million persons of India which comprised of children, pregnant women and lactating mothers. Its object was to save them from malnutrition. Also, the Village Child Development Centres (VCDC), were established in Maharashtra in 2016, which was also a welcome step by the government, to provide malnourished children with medical care and nutritious meals for one month.

Judicial Decisions

Having a glance of the judicial decisions also depicts the role of courts towards eliminating malnutrition. In *Chameli Singh vs. State of UP*, 1996 S.C, the apex Court decided that our constitution guarantees right to live as a fundamental. This right to live as a human in any organized society is detected not only by fulfilling the animal needs of humans because as per the apex court this right to live also includes the right to food, water, adequate environment education, medical care and shelter as well. These all are basic human rights and any cultured society is very well aware about it according to the Indian Constitution and hence implies the right of the masses to have nutritious diet.

In the *People's Union for Civil Liberties vs. Union of India*, 23 July, 2001, the apex court decided that during famine, there may be scarcity of food, but without famine also situation in India is such that there is a lot scarcity. Ample

food is available, but despite that distribution of the food among the poor and the destitute is rare and fictitious. It has been leading to malnourishment and want and other problems among the masses. The apex court decided that it was of extreme importance to see that food was being made available to the aged, frail, disabled, indigent women and men, who are under the risk zone of starvation and also in cases where his or her family members did not have enough money to arrange food for them. This was a landmark decision of the apex court against malnutrition.

Conclusion

Having an overview of the malnutrition situation prevailing in India shows that a significant proportion of the country's population are suffering from malnourishment and are anaemic, and there are numerous factors responsible for it such as poverty, unemployment, ignorance and lack of education, unhealthy lifestyle of the masses. Also, lack of access to nutritious food, safe water, sanitation and hygiene, unavailability of reliable and timely data, and adequate funds, and ineffective performance by the government in the implementation of plans also causes malnutrition.

Malnutrition is a significant pointer of the health of the nation, including both malnutrition and under-nutrition. As per the estimates of NFHS, India is in the countries of the world where the number of malnourished people is recorded. Generally, those people who are either underweight or have obesity in different areas of life and fail to become productive members of society. Since, as the country wishes to fulfill the goals of its economic and social development, malnutrition is an area which needs more attention and efforts to put into to help country achieve its dream goal.

Suggestions

One important step towards curbing malnutrition is adequate funds. Adequate funds are a must for the successful implementation of any nutrition plan. If we look into the ICDS scheme of the government one the centrally supported schemes which fails to achieve its object of curb in malnutrition as data reveal that the budgetary allocations have decreased over time. Also, the State governments should play a more active role in erasing malnutrition and also generate funds themselves for fulfillment of this purpose.

Also, State Governments will have to adopt a comprehensive and coordinated multi-sectoral approach to curb malnutrition, keeping in mind to show the diverse nature of local level challenges and better governance, too.

Also, need of the hour is sufficient health and nutrition awareness to be vibrant among the people for which it is important to run a viable nutrition correspondence crusade in schools, public places, print and social media which would support children and communities, without respect beneficiary to pay and instruction levels, and also to understand how they react to their nutritional needs which too could be a favorable step towards eliminating malnutrition.

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